

# BRIDGES

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Yoga's calming effect benefits the classroom **P. 2**

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Hedonism and culture in India told through reporter's eye **P. 4**

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New fashion designer targets hip business professionals **P. 12**

THURSDAY, JUNE 27, 2013

A STARPHOENIX COMMUNITY NEWSPAPER

## COOL IN SCHOOL

WITH A GREAT WORK ETHIC AND COMPETITIVE FIRE, RYAN TURPLE EXCELS AT EVERYTHING HE UNDERTAKES **P. 6**

FREE

## CITY NEWS

## # YOGA 4 CLASSROOMS

## Calm in the classroom: yoga geared to schoolchildren

By Angelina Irimaci

Imagine getting 34 six- and seven-year-olds to remain still and quiet all at once. Now imagine doing this while you're keeping them calm and stimulating their brains. The task sounds virtually impossible, but likely McGrath managed to find a way.

McGrath teaches half-hour yoga classes to elementary school students through a program that was developed in New Hampshire called Yoga 4 Classrooms. It uses a combination of yoga postures, breathing exercises, classroom-building and brain-boosting activities that work together to create a calm and positive learning atmosphere where children can take time to relax while learning about physical and psychological wellness.

"Kids intuitively know that these are things that their minds and bodies are working both are naturally intuitive to their inner needs," says McGrath. "They just need time and space to get reacquainted to themselves."

A former kindergarten teacher, McGrath traveled to New Hampshire last February to take part in a two-day training course and now she is one of three certified Yoga 4 Classrooms instructors in Omaha. Although there is no class associated with the program, McGrath volunteers her time at Veterans and Veterans Schools (in the fall, the Greater Catholic School Board will be implementing the program). She's been going to Barnes Davis to assist in Seneca's Grade 1 class to get excited for yoga. McGrath's traditional yoga poses and language are tailored to meet students, downcast eyes as called "look puppy" and such are replaced with desks.

"Let's start in our sitting mountain," McGrath begins the session immediately, the students sit up tall and begin their yoga breathing.

"Does anyone feel different after



Shelly McGrath teaches yoga to Barnes Seneca's Grade 1 class at Barnes Davis School. McGrath volunteers her time.

those limbs?" she asks.

About all of the little hands about up in the classroom.

"I feel calmer," one little girl says. The program incorporates English words that discuss things like nutrition and conflict resolution and are created for teachers to use on their own as well.

"Grade 1 are like sponges," says Seneca. "They pick it up and they all start to use it. I can just see that some of them are just so into it already."

Seneca says that the incorporation of what they learn every day into the classroom.

"They like the one (exercise) when

we have our breaths and we are powerful, we are strong, so we had that confidence within them. (We use it before we do spelling and we want to activate our brain — we want to find that power and that strength.)"

McGrath teaches yoga in every class, except the Grade 1 class to which Seneca is the only one who didn't "extremely benefited." When he sent out a newsletter to parents outlining the programming he was focused with only positive responses.

"We have a multitude of students at various levels, different medical conditions and diagnoses. Every

body can do yoga. It's a community building thing within the school," he says.

The entire staff participated in a workshop about the program and Seneca says it is beneficial that staff can use the same language and exercises outside of their own classrooms. Breathing and coloring techniques have solved conflicts on the playground and some parents have given children an outlet when dealing with traumatic experiences. McGrath recalls a time when one child (who was coping with a death) began to cry during "imagination vacation" or "snooze." That's the goal of the program — to go beyond

the classroom and educate the child as a whole.

"Learning can't happen with a busy brain," says McGrath. She adds that children today can feel stressed, busy, a busy schedule of activities. Issues at home or at school or the pressure of always being "on the play." A study done on Yoga 4 Classrooms by the University of Massachusetts found that after 10 weeks of yoga teachers surveyed said that students made improvements with specific behavior (including: controlling anger and behavior, dealing with stress and anxiety, confidence and self-esteem, attention span and consistent performance).

# INDEX

## Happy birthday!

On June 30, Bridges will celebrate its second birthday.

For the past two years, we have been growing along with this buzzing city. Though well-crafted features and stunning photography we've told the community's stories. Our goal with this publication is to connect people with others in the city and with what's happening in Saskatoon — by forming bridges one might say.

We have the privilege of sharing content with QC, our sister publication from the Leader Post. This allows us to share stories from Regina and relate it to the people and events happening in Saskatoon.

The creative minds at both publications have been brainstorming new ideas for regular features. We'll be rolling these out in the coming months and look forward to your reaction. We're excited about the future, both for Bridges and for this spectacular city we call home.

This publication would not exist without you, our readers. Thank you for your comments, critiques and suggestions. If you have ideas, get in touch.

Email: [bridges@thestarphenian.com](mailto:bridges@thestarphenian.com)  
Join the conversation on Facebook and Twitter @Bridges732.

**Joan Wharps**  
Associate Editor



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Local photographer Evan Rysfeld loves using Saskatoon's Downtown as a backdrop for photo shoots. BRIDGES PHOTO MICHELLE BEARS

## BRIDGES COVER PHOTO BY MICHELLE BEARS

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# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

# TAYLOR LAMBERT

## A trip to India through a reporter's eye



Taylor Lambert

It is 11,000 km from Moose Jaw to Delhi in the crow fly. My path was a little more complicated than that.

In 2008, I had been working as a sportswriter in Moose Jaw for nearly a year. It was my first gig after completing journalism school in Montreal, where I had lived for four years. Despite my deep dish love-hate relationship, I felt frustrated there. I was a young man and a young writer, cocky and hungry for adventure.

Without much other second thought, I quit my job and bought a one-way ticket to India with an end drinking buddy from Montreal. There was no plan. This book is the story of the next five

months of my life, spent roaming around the subcontinent in chaotic fashion.

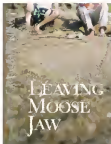
There were wild times: personal drug-induced hallucinations on a rooftop, a 15-hour stint as a Hindi speaking actor in a Bollywood television serial, pretty girls and rivers of cheap liquor were just some of the sub-show distractions from a sincere attempt to rediscover an ancient culture with a journalistic eye.

But I was dumb and foolish: a journalist and I had a driving interest in chronicling the country I explored and the people I met.

This book is a strange blend of hedonism and exploration, of debauchery and cultural study.

Personally though, it is a tale of the road leaving a familiar place behind in search of the unknown. My road took me to strange places, from mid-suburban rooms to expensive south in five-star hotels, from dingy shabby cafes to an empty island paradise, from the slums of Mumbai to the misty temple of three seas at the tip of the subcontinent and up to the Himalayas. It was not the road I'd heard and when I left Moose Jaw but it was nevertheless precisely what I was seeking.

I wrote this book to share my journey. Hope these stories amuse and enlighten you, and make you wonder about what other roads might be out there, waiting for us.



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**NEXT WEEK:** What's the funniest thing your child has said or done lately? Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

For a copy of a children's book that's been featured in the StarPhoenix, visit [www.starphoenix.com](http://www.starphoenix.com)

## # PARENT TO PARENT

Each week Bridges, in connection with SaskatoonMoms.com, gathers advice from parents to share with other moms and dads. This week we asked:

**What's your favourite way to spend summer in the city with kids?**

"The post/swap park circuit. Known: Play Village (in Saskatoon) is a fun go-to. We're really enjoying the train though!" —Lisa Dutton

"The Reggae Folk Festival's our favourite summer event, but really there's such a wealth of amazing outdoor events each summer in Regina — Gassner, ASD Symphony/Chorus, the City Landscapes — I love being a place that allows for the kids and I to be surrounded by art and the great spaces in our city! Plus, the city is packed with amazing parks and outdoor spots. Nothing beats summer in Saskatchewan!" —Rita Pageant

"At the 'judding' pools!" —Jerrice Thompson Hill

"Grabbing a Slurpee & heading to the 'spray park'" —Gisela Taylor

"We spend most of our summer 'camping.' When we are in the city we frequent the local parks and we let our kids go for bike rides." —Michelle Geddes

"We love anything outside! After a very long winter anything we can do outside we do. We walk to the parks around our house almost daily, enjoy picnics at parks, by the pond in one of the spray parks in the city on the weekends, go for bike rides, get out for a ball ride where we can and look forward to our annual 'beach party'." —Janet Hootch

"We have so many great things to enjoy doing in the city! We visit all the parks in Regina (Candy Cane is still a favorite of the kids), the spray parks, Wascana Park outdoor pools, museum, the list is endless! We never run out of things to do — bring on the sunshine!" —Tom Lonsak

"I am a teacher so I take the whole summer off with the kids. My favourite way would be to go to the parks around our neighbourhood — anywhere where there are swings! Other than that we just enjoy spending all the time outdoors whenever we feel like it, to visit all the sites in the Candy Cane park with the whole family and to a BBQ and lots of visits to the Willy Way (in Regina)." —Cheri Miller

"Where we have kids after we normally try to go camping or to the lake and if we are in the city we try to spend a lot of time outdoors." —Rita Mayne



"We love to go to one of the numerous spray parks, enjoy the playgrounds or walk around Wascana (in Regina) and find the grass!" —Stacy Gendron

"Leaving the city to visit family on a dairy farm. My son was mesmerized by the new calves suckling on his big fingers." —Judy S.

"We recently moved and are now across the street from a water park and playground! I can see spending lots of time over there. I would like to take in as many of Regina's activities as we can, like the Caskade Village Arts Festival, Playland Cup fireworks, etc. The kids always enjoy the outdoor areas, do they?" —Celia Cornejo

"Any of the splash parks are so awesome for the kids. They can get wet and different around that by far our favorite is a day move in the park. We bring an air mattress, blankets and snacks. Everything gets bigger and better." —Allyson Greenhalgh

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# ON THE COVER

I used to always say if I could pick one student to do open heart surgery on me, it would be Ryan Turple. — Melanne Bevan

# RYAN TURPLE

## High drive: A student excels on every level

By Jenn Sharp

Michelangelo, Da Vinci and Galileo were Renaissance men. Artists and thinkers who changed the world.

Does a Southton high school student belong on their roster? We'll find out when Galileo catches a football in front of a charging linebacker! Wait! Da Vinci survives AP English?

Meet Ryan Turple, Renaissance man for the 21st Century. Or pretty darn close.

When he graduates from Southton Douglas College this week, he'll leave behind a slew of teachers in awe of his academic performance and athletic ability.

Melanne Bevan taught him Grade 10 and 11 chemistry, making him "one of a kind." He's mature in a way that's not typical of many teenagers, something she noticed when she first taught him math in Grade 9.

"It was really nice. You could have very real conversations with him, especially about science, which I love."

She said he's a perfectionist, but not in a "neurotic" way. "Maybe Turple's approach to learning and to life is a methodical one. It's the reason he excels in math, the sciences and even in football."

"He always wants to make sure that he understands and not just so he can memorize it or to cram," added Bevan. His approach in math: Many students are looking for a quick fix to get through a test. In Turple, she sees the genuine desire to acquire a new skill.

Bevan never thought he was going to quickly learn something and then forget it. She laughed as she said she has so much faith in Turple's ability that she would even trust him with her life.

"I used to always say if I could pick one student to do open heart surgery on me, it would be Ryan Turple. I know that he is an individual and careful in his work, that whenever he does something, he's going to do it well."

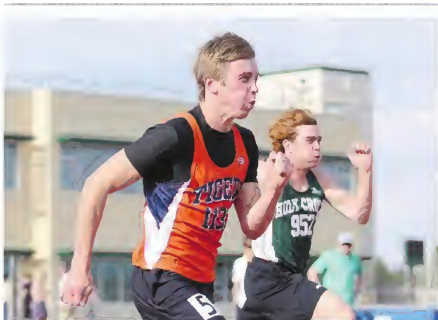


Southton Douglas College supports Ryan Turple and top math teacher Melanne Bevan. He will join the University of British Columbia's academic program and head chemistry the year at the school. The Governor General's award is given to students graduating with the highest grade point average from a Canadian high school. Photos by MICHELLE BIRCH



It takes a certain kind of student to say, I'm going to do the harder thing anyway, even though it might hurt my grade.

—Angela Grier



Ryan Turple (left) competes for Yonkers Douglas Collegiate. Tiple is at a recent track meet at Griffith Stadium. (PHOTO BY MICHELLE BELL)

"He sets a good example because he works so hard. He never gets down on his teammates either."

Turple understands why his teachers are still him a role model—he hopes that others can see it's possible to have a full academic and athletic life. It's not always used to be smart, but Turple's approach earns him respect.

(It) makes it easier for those who

don't feel interested (in science)," said Bevan.

"I'm a bit of a perfectionist," said Turple. "I think it all derives from my competitive nature."

He remembers even in elementary school, he didn't like anyone to get a higher mark. His teachers didn't come from a place of pushing him; even he has an innate desire to be

up to his full potential.

To earn the title of Renaissance man, one must excel in all areas of academics and athletics, combined with his full knowledge. The Yonkers Douglas teachers see that in Turple, who is a Gryphon Scholar (a University of Saskatchewan recognition program that guarantees a \$3,000 entrance scholarship for those

who achieve an average of 96 percent or higher).

He is balanced in both his academics and his athletics. He swells like that—"Bevan passed. She was in the Yonkers Douglas staff room and other teachers chimed in with adjectives to help describe him.

He's popular, he's witty, he's kind," she added. And the list goes on.

His English teacher Grier agrees with the term because "he doesn't (personally) enjoy everything that he will do everything very well."

A classic definition of Renaissance manhood states that humans are empowered and limitless in their capacities for development. When asked to respond, Turple pondered it for a minute.

He's always got a smile on his face. He's got a great sense of humour. There's a twinkle in his eye every day.

— Graer



Ryan Turple is awarded third place for dog jump at a recent event held at Winkler. PHOTO BY MICHELLE PERD

"I think all people have an undefined potential. It's just how far they want to take it." His past mentors people seem to live by that more than others and that's when you see greatest things."

For Ryan, teaching students like Turple, who was nominated for a member of Grade 12 academic awards makes her job worthwhile. Winkler has success validates her work. While every teacher has reasons for pursuing a career in education, Ryan said the majority are chasing the feeling of "seeing a student achieve greatness."

"Many would say he resides at grade. I know I'll definitely tear up a little bit just because you know that you've helped shape that person and get them to where they are. It makes it so worthwhile to see such a great kid come out."

"As a teacher, you're always looking for a Ryan" said Graer. "For me personally, I'm always looking for the kids that make me think."

Graer's style is to build back her opinion to let her students form their own. She pushes them to expand their thinking and experiences

the curious ones who are willing to stay after class to talk further or challenge her on a given topic.

Turple is in advanced placement classes since Grade 5, a program that prepares students to write advanced placement English literature in Grade 12. In the first three years, students prepare by studying how authors develop tone, theme and characters.

"I've never really been attracted to the creative side but I try to do my best at it," said Turple with a warm grin.

Graer said his parents both supported him going into the advanced placement classes. If the goal is high marks and scholarship, taking a class that could lower your grade average is risky.

"It takes a certain kind of student to say 'I'm going to do the harder thing anyway even though it might hurt my grade.'"

Parental support is crucial for any student to excel. It can be as simple as showing interest in what they're reading or a school project. Kids do a lot better when someone at home is engaged.

Continued on Page 10

## Nuts About Nature At Beaver Creek Conservation Area



Hi kids! My name's Chip and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.



Dear Chip,  
What is a hummingbird? Is it a bird or an insect??

Brilliant!

The hummingbird moth is indeed an insect! These fascinating creatures have a close resemblance to hummingbirds in their appearance and in their behaviour. Many other species moths are nocturnal, but not these 6 legged beauties. They drink nectar from many of the same flowers that the hummingbirds would visit during the day like bergamot, snapdragon, verbena and thistles. There are 1200 different species moths worldwide, 125 of which live in North America. The hummingbird moth, also known as the hummingbird clearwing, has a wingspan of 4 to 5.5 cm. Scutes form its wing fall off as the moth matures causing the wing to appear transparent. The caterpillars, known as hornworms, are bright green and have what looks like a big orange protruding from the end of their abdomen. It isn't a real stinger and they can't hurt you. They eat plants at this stage so dolemites, snapdragons, honeysuckles and honeyuckles. Creating habitats for these caterpillars will diversify them from your garden vegetables!

Send your questions to me at the address below, then watch Bridges for the answers.

Your pal, Chip

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It was really nice. You could have very real conversations with him, especially about science, which I love.

—Bevan



Ayan Turpin graduated from Torrey Douglas College; this week with an impressive academic record and athletic performance throughout his time at the west side high school. **MEANS BEVAN BY MICHELLE BERRY**

"It keeps their juices flowing and keeps their brains working. Instead of just going home and turning everything off, they come back with a different perspective or new ideas."

Griff tells her students the lesson is his, say other people. It needs to be worked and it shouldn't always be easy. Parents play a huge role in that. Josly Larson, Turpin's mother, agreed.

"I truly believe if you put the time and effort into raising your children and teach them the morals and values that it takes to build that strong foundation that is what will help them to lead successful, enriched lives filled with happiness."

Turpin, who was the male athlete

of the year served as Torrey Douglas this year and last, balances the academic side of life with sports. His football and track are up there, but football is his favorite. He's been playing since he was 13 and enjoys the game's physical and mental aspects.

"I talked 12 guys on the field working together to win, to achieve a goal, so that's always driven me. You can be physical but it requires a mental aspect."

Turpin plays softball. He was one of the captains for Torrey Douglas' football team this year and awarded MVP. Thorstad said he's one of the top five receivers in the league.

His performance was enough for

the Seaside Heights to take notice. Turpin's team invited to the main camp at the beginning of August, a chance to win a coveted spot on the junior football team.

He's also passionate about the outdoors — camping, fishing and hiking. He considers his likes to play the old video games because "it's just of being a teenager," and loves hanging out with his friends. He tries not to let out all his time on school and sports, but he set out to get 100 per cent in all his subjects. It was hard, but he came close to fulfilling it. Then for he's earned \$10,000 in scholarships towards his university tuition. He gives thanks to his parents for as at 19 that he has earned him for

"My dad (Tom Turpin) and my mom have always told me I could do anything I put my mind to and never put any limits on me. They always pushed me in the right direction and wanted to see how far I could go."

He has always had drive and ambition," said Larson. It was never a struggle for her to get Turpin to do his homework, nor was there a need to pressure him to get good grades. Those were all things he did on his own.

While he decided to live at home when he goes to university.

"I think at 18 I'm not quite ready to move out on my own. I'll stay with my parents — that's more support." Turpin isn't worried about the per-

ty lifestyle that can come with university. He's always tried to read that some during high school, and stays focused with sports. Early fourth his girlfriend of two and a half years, helps him stay grounded too.

Brown said Turpin has always had a goal for his future. She's hoping he picks a career where he can benefit other people. She knows whatever he decides he'll "go at it with a ferocity."

He's interested in dentistry and medicine, and is enrolled in the College of Arts and Sciences at the U of S.

"I hope that his life is what he wants it to be because he put works so hard," said Griff.

# # WHAT MOVES YOU

## A custom father-daughter relationship

By Andrew Matto

If it's a rugged off-road customized for the trails, but this 2007 Wrangler Rubicon also distorts the quality of a relationship between a woman and her father. Kelley Bone, 18, enjoys her Jeep that takes her to off-road trails as the vice president of a local 4x4 club. She also grew up of the customizations she did with the help of her father Dave Bone.

**Q: What kind of vehicle is that?**  
A: It's a 2007 Jeep Wrangler Rubicon. I'm a big Jeep fan. And the Rubicon is the off-road model. It comes with a locking differential, disconnecting sway bar, mud tires and rock rails.

**Q: Why do you like Jeeps so much?**  
A: I honestly grew up with it. My dad was really into it off the road, so I grew up kind of taking that over.

**Q: Where did you buy it?**  
A: I bought it in Saskatoon. It was a

private sale. I paid \$28,000.

**Q: What customizations have you done?**  
A: It has a two-and-a-half-inch rock suspension lift. It basically means there are stronger coils and longer shocks. And there's a different track bar on the front. It gives me clearance so I can take it to put bigger tires on it.

**Q: And it looks cool, right?**  
A: Yes.

**Q: What kind of tires did you add?**  
A: They're 35-inch mud tires. They're Nitto trail grapplers.

**Q: What else did you do?**  
A: I added a snorkel. It means your air intake so you won't get water in it when you're going through the water. Sometimes, in June, you do water crossings, water sometimes splashes onto the hood. And that's where the air intake is. You don't want to get water in there. So part of the engine, so with the snorkel, you're not likely to get water that high up.

**Q: It looks cool too, right?**  
A: Yes, that too.

**Q: What else?**  
A: I installed a Borealis front end bracket. It includes the taillights and the whole exhaust system. It supposedly adds a little horsepower, but I am not sure about that. It also makes it sound better. If I ever drive it, it sounds really nice.

**Q: What is a new sound to you?**  
A: Loud.

**Q: Anything else?**  
A: It has a CD radio. When we go out on trail rides, you can communicate with other Jeeps. So if someone gets stuck, you can just call someone over. It also has grill armor. They slide onto your grill so it stops made from getting in to protect your radiator.

**Q: What about a stereo?**  
A: It came with an Infinity sound system that has a stock sub-welder.

**Q: When did you start learning as a**



Kelley Bone and her dad Dave Bone. The off-road customized learned how to cut corners. It's from her dad Dave Bone. (C) Photo by Tim Ruttill.

**reach about vehicle customizations?**  
A: I honestly don't know very much until I got this Jeep. I refuse to take it into a dealership or have someone else work on it. So, I was learning as I built it. Everything I have added I have done myself with my dad.

**Q: How do you describe your relationship with your dad?**  
A: We have a good relationship. We're pretty close. I'm a daddy's girl. It's a lot like me because we are both very going. And he's good with vehicles and I want him more than I do anybody else.

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# FASHION

Do you have fashion advice to share with our readers?

Email us at [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # SASKATCHEWAN FASHION

### Rosanna Shavron: A life of art and science

By Ashley Martin

Rosanna Shavron is all business.

"The newer fashion designers love when women 'rock the boardroom.' Young hip business professionals are her target audience."

"As a professional I think it's always great to look your best," said Shavron, who moved to Regina last year from Saskatoon. "I think when you look your best, you also perform your best."

Shavron recently designed her first collection under the label Jomiano; she showcased it at Saskatchewan Fashion Week in May.

Though she's always been passionate about fashion, Shavron has focused on careers in nutrition and dental hygiene. She owns a dental office with her husband, Karen, in LaSalle.

"Being in Saskatchewan you never thought you could actually make a go of it [in fashion]," said Shavron. But the 30-year-old woman took the plunge this year. "It's never too late to pursue your passions."

She is excited to design a second collection and hopes to be featured in more fashion shows.

"I love the photo shoots. I love working with the models. I love... the whole production of the runway. I love orchestrating it and making your creative idea come to life. I know that I'm an artist more so than a scientist."

She is also a mother. Shavron has a 10-year-old son, Kameron, Jr., and daughter, Kaelan.

"It's awesome having a boy and a girl because I get to dress both of them. So I'm their personal stylist," said Shavron, who is also expecting a third child in a couple of months.

She likes maternity clothes that help her "keep her pregnancy" — empire waists and maxi dresses are go-tos. "When you're pregnant, you want to show that you're pregnant."

It is the same approach Rosanna follows via Kim Kardashian's look to her pregnancy despite a lot of criticism.

"I think it's totally fine that [she wore] the skin tight stuff. It's better than wearing something really bulky and huge like many moms. I think she looks great."



Rosanna Shavron  
Shavron's mom  
BY Ashley Martin

- 1. FASHION:** H&M "I love accessories but I also like to experiment and not wear too many."
- 2. RING:** A gift from her mom from H&M "She can always dress up what you're wearing by accessorizing."
- 3. DRESS:** Lowri and Lorch Heidi Klum Maternity Wear online.
- 4. SHOES:** Aldo.

# INVENTORY

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Looking for a fun activity that both young and old can enjoy this summer? Wet Paint Pottery is a great option. Choose from over 300 pieces of ceramic, from dinosaurs and pop bands to farm life boxes and home decor, then paint it however you like. They will glaze and fire it and it will be ready to pick up in five days. There is a paint sitting fee of \$5 for children and \$8 for adults plus the cost of the pottery. You can drop in at any time or book a session in their party room. Wet Paint Pottery is located at #5 210 Eighth Street East and is open seven days a week, Sunday to Wednesday from 10 a.m. to 6 p.m. and Thursday to Saturday from 10 a.m. to 5 p.m.

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BRIDGES PHOTOS  
BY MICHELLE REED

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# IN THE CITY

# SUNDAY, JUNE 23, 2013 — 6:25 P.M.

## World music in the gardens



Canadian world music group Golin2 Dublin whose music is a fusion of Bhanga, Celtic and electronic, played to a sold-out crowd at the Sallé del Salsadinean Jazz Festival in the gardens. The Vancouver group's high-energy performance got the crowd moving before Jazz Mafia took to the stage in the delectable gardens. RONALD PHOTO BY MICHAEL HENRY

## YOUR FAVOURITE PLACE

Bridges wants to hear about your favourite place in Saskatoon! Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # MY FAVOURITE PLACE

## Saskatchewan Crescent is a photographer's dream

Angelina Irimici

When local photographer Evan Neufeld travelled to Greece to attend school as a student three years ago, he knew it was the opportunity of a lifetime. He also wanted to make sure his experience was properly documented. So he bought a camera, consulted photography magazines and a friend's advice to learn about it, and set off to Europe. He says when he started photographing his travels, he couldn't put his camera down. Three years later, nothing has changed. The 30-year-old keeps busy with photography in Saskatoon and prefers photographing people rather than anything else. He says he likes having control over his photos and enjoys making his clients laugh and smile. "Photography is a great way to do that and preserve it as an art to me."

**Q Why is Saskatchewan Crescent your favourite place in Saskatoon?**

**A** I like it because it's a diverse location that shows some cool architecture from Saskatchewan past — we have some old residential houses. I like the tree cover down here, it's kind of a secluded area. It's really close to Eighth Street and Kiyehrd, yet it kind of feels like you're getting away from the city. So, in short, it's a secluded and the nature aspect is beautiful. It's right by the river and I really like the houses down here.

**Q Why does it make it a great place to take photos?**

**A** The tree cover just makes it easy because all of the shade, it makes the light really easy to work with. It's a really convenient place. The beauty of the trees and the architecture help for backdrops, but the overhanging trees make the light really easy to work with. It makes my job easier.

**Q When did it click for you that the area would great for photography?**

**A** Probably when I was learning the



Local photographer Evan Neufeld loves using Saskatchewan Crescent as a backdrop for photo shoots. [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

basics of photography and realizing that light makes a big difference and how direct sunlight is really difficult to work with. When I drove down here I just enjoyed the drive and noticed how soft the light is and that there are lots of great trees to work with. That was my "ah ha" moment. I thought, Oh, wow, this place is actually perfect for a photo

shoot!" But before that I liked it because it looked nice. Once I was able to attach my photography to the location that was the time when I experienced it as a functional location as well as a beautiful spot.

**Q Have you captured any memorable photographs on Saskatchewan Crescent?**

**A** I did a shoot with a couple friends of mine when I was getting practice before starting wedding season. It was closer to the fall, the leaves were falling and I just saw a pile of leaves on the side of the road. The middle of the street looked really beautiful, so I told them to go past it down to the middle of the street and I kind of created this scene where I threw leaves

around and had them run while it was down on the street. Sometimes cars are an issue, but this time they stopped for a a ways down and stayed out of the shoot. So every one was really polite and they were looking afterwards. They thought they were getting married, but we were just taking a cute couples portrait.

# SPACES

# SASKATCHEWAN'S BEST SPACES

## Couple's first home has lots of colour

By Ashley Martin

**WHO?** Michael and Mandy Pavlovsky

**WHAT?** The living space of their bungalow in west Regina.

**WHEN?** The house was built in 1956 and the couple bought it two years ago.

**WHY?** "We both like character homes but didn't want all the headbashes that came along with an older character home," said Mandy. "So we were trying to find something that had some unique elements to it but didn't have a crumbling basement and things like that."

This older home in an established neighbourhood had some funky elements the Pavlovskys loved, including an in-law room and noelle that runs through the house, a stop up to the kitchen and a mature backyard. There was only one problem: It was too white for their liking.

"The whole rest of the world seems to celebrate colour and here we usually just did tan and grey," said Michael.

"I wanted a space where I could feel what the weather is outside, you don't really know or feel it when you come inside," added Mandy. "I had the idea of just having something bright and warm."

**HOW?** They took to painting when they moved in, and completed the salacious rooms in about a month just in time for their housewarming party.

"It was neat to just watch it transform because everything was white. Literally everything, so we could see colours start spreading around," said Mandy.



**Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)**

One of the most intriguing jobs was the hand-detailed cup boards. But otherwise, "it came together pretty easily once we figured out these are the colours and figured out where to put them," said Michael.

"They're having the same challenge now in trying to decorate their unborn baby's bedroom."

They thought the colours might be headache-inducing or too bright, but not so.

"It's just comfortable and relaxing and nice, a warm, colourful environment that we like to be in," said Michael.

It's also great for entertaining — they hosted their wedding here last year.

In their first home together, the Belosky's individual styles mixed well. Their stuff is eclectic; it reflects the cultures they appreciate. Much of it was collected throughout their world travel.



# GARDENING

## #HORTICULTURE WEEK

### Veggie gardening in small spaces talk highlight

By Jackie Bantle

Space-starved urban horticulturists take note — just because you live in an apartment, own a condo or have a tiny backyard doesn't mean you can't enjoy vegetable gardening. Containers, trellises, raised beds and square foot gardening are some of the solutions to your limited space.

Every morning, the Centre for Continuing and Distance Education (CCDE) at the University of Saskatchewan hosts Horticulture Week in July. One of the classes I'll be leading that urban horticulturists might find interesting is From Pots to Patis: Veggie Gardening in Small Spaces.

Growing vegetables in containers can provide the best growing environment possible without you having to relocate, amend the soil or set down beneficial shade-lives. Any container or that can hold moist and provide drain are for excess water is a possibility.

The key to growing vegetables in pots is to provide a large enough pot. A bunch of radishes can be seeded into a three-diameter dish that is only 6 to 8 cm deep. However, this same dish would never sustain a larger plant like a tomato or a root plant like a carrot.

If you have garden space but it is limited, perhaps vertical gardening is the answer. You may have grown peas on a trellis and pole beans on a pole but what about cucumbers up the side of a fence or a cantaloupe hanging in mid-air by your grandma's old nylon sock in a potato plant? or a lot of space in the garden, unless they are grown in a "pallet box" filled with soil. Success layers of pots have growing in a box of soil surrounded by wooden slats.

There are so many creative ways to take advantage of the garden space that you have available. If you have a small space outdoors that gets sunlight for at least six hours each day you can grow your own vegetables.

Details on media, fertilizing, watering and plant care will all be given in more detail at the class during Hort Week. Tours, lectures and other workshops are also held throughout the week and some activities are even free. Hort Week 2012 will be held from July 8 to 13. This year, the more than 60 classes and talks or anything from hard-scaping your backyard to discovering what fruit trees you might want to include in your own personal orchard.

Check out The 2012 Hort Week brochure



Growing salad lettuce in pots is an easy alternative to planting a garden. PHOTO COURTESY JACKIE BANTLE

online and book your own free horticulture vacation at <http://code.usask.ca/gardening/> hortweek. Or call (306) 968-0545 for more information. It's free information and you might even meet some new gardening friends.

Available as a horticulturist at the Dept. of Plant Science at the University of Saskatchewan. This column is provided courtesy of the Saskatchewan Personal Security (saskinfo@usask.ca), email: [hortweek@usask.ca](mailto:hortweek@usask.ca)

#### Announcements

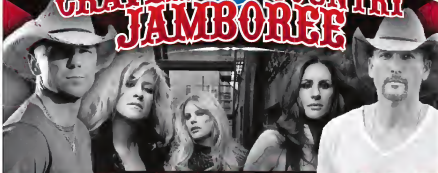
Gardening is open for the season. Call 306-968-0545 (long distance charges apply) Monday to Thursday or send your questions to gardenlibrary@usask.ca.

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# SHARP EATS

## #SASKATCHEWAN FOOD SCENE

### Village of Chamberlain's draw is its simplicity

By Jenn Sharp

Gourmet burgers are all the rage. Blue cheese, sundried tomato, avocado, prosciutto, caramelized onion, the list goes on and on. However, sometimes you just want a simple cheese burger.

It doesn't often show up on the menu in trendy spots in Regina and Saskatoon because patrons are demanding innovations. We meet our favourite to be delighted and we don't want to be bored with "just another burger."

If you've travelled Highway 11 between Regina and Saskatoon, you've passed through Chamberlain. Perhaps you've had a burger or an onion ring at one of the road side stops. For years, the village has taken advantage of the fact it is the only place on that highway where traffic must slow to 40 km/h. A number of eating establishments are set up along this little stretch to take advantage of hungry travellers and truck drivers.

Twisted Sisters' walk-up window eatery has been there since I was a kid. We made frequent evening trips from our farm near Crestle when my dad's '64 red convertible (that definitely ran off six cranks or pay-cars made with real butter and it's the best. Ever. It even comes in a paper bag placed inside a plastic liner so the butter or grease doesn't land your leg.

The juicy and delicious homemade burgers here won't blow you away by portane size. However, at reasonable prices (\$6.50 to \$8 depending on the toppings) it's a feast at a deal especially if you're driving a family. The breaded French fries are greasy but you don't come here to eat health food, right? Along with the burgers, the little shop, located mainly by hand-wrecking teenagers all summer, serves grilled cheese, chicken burgers, onion rings, pastries, fish and chips, salads and a veggie tray.

Twisted Sisters is all about the use of season. From Twisted to sandwiches



The Old West Express Big Burger comes plain with cheese. A variety of toppings can be added at your discretion. The fries are always smaller.



The bacon cheeseburger at Twisted Sisters in Chamberlain with a side of fries and a new colda lemonade comes with a side of love.

to sandwiches and occasional foods, there's a diverse of offerings. People love coming so much it's often lined up into the parking lot. Like The Milky Way in Regina or Saskatoon's original Boney Square on Eighth Street, it's nostalgic to come here.

This year, a new competitor for Twisted Sisters' many patrons moved in next door. The Old West Express (owned by Clifford and Debba Luthert) is a welcoming place full of antiques, wooden tables covered in red checked tablecloths and



The Old West Express serves up homemade burgers and lots of laughter.

Clifford's unique brand of humour. "Home of the Big Burger," the home made cheese burgers here are indeed "good and big" as Cliff said. Priced at \$6.50 with a large side of fries, you may be hard pressed to find more offer for a \$2 an onion cone. My favourite was the Minnesota farmer sausage.

"You don't feel like you have to drink a beer after," said Clifford of the spiced yet not salty sausage.

French fries always come stacked off its Cliff's way of doing his part for his customers' health. He even started on Old West Express' sausage program (so really) for the many truckers that pass through his doors.

I had the opportunity to share lunch and a laugh with one of them. It's a lovely life, driving a big rig but the Old West provides a pleasant detour from the monotony.

"Make sure you make a trip to the bathroom too. The walls are covered with 'bathroom services' wrote mainly by the owner himself. The bathroom should be a place of refuge be said.

"We want to get in there and say 'leave me alone for five minutes' one day would."

And don't forget to see the rare "H" rock. Clifford won't let you take a picture of it, but if you're lucky you can finish it.

# In Home

## DECOR TRENDS 2013



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# OUTSIDE THE LINES

## # Colouring contest

Each week, Stephanie McKay creates a family illustration meant to please kids of all ages.

Children can colour the pages, have a picture taken with the finished product and email it to [steph@phoenix.com](mailto:steph@phoenix.com). One winner will be chosen each week.

Last week's contest winner is Olivia Leckie. Thanks to everyone who submitted entries.



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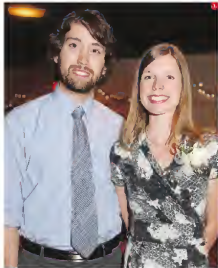
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# ON THE SCENE

McClure Place Foundation fundraiser was held on Thursday, June 20 at the Western Development Museum.

## #FUNDRAISER FOR MCCLURE PLACE FOUNDATION



A fundraiser for the McClure Place Foundation was held at the Western Development Museum on June 20. Approximately \$18,000 was raised for the Almy McClure personal care home. The main commemorative home has room for up to 23 seniors.

About 200 patrons enjoyed a dinner and

music from the all-female group Sacred Sound along with a humorous speech from Rev. Dale Mervan about being a senior in the 21st Century. The annual Golden Heart Awards were presented to individuals and one organization doing exemplary work for Saskatchewan's seniors.

1. Sheldon Scott and Anne Scott

2. Sacred Sound

3. Mar O'Brien and Bruce Gray

4. Jay McFarlane, Dorian and Phil Dunlop

5. Denise Johnson, Beth Johnson and Lindsay Mohr

6. Ruby Kullman and Fred Campbell

BRIDGES PHOTOS BY MICHELLE BERG



# ON THE SCENE

**Zoo Gala — A Night Out for the Zoo was held on June 21 at the Saskatoon Forestry Farm.**

## # ZOO GALA



The Saskatoon Zoo Foundation along with title sponsor West Wind Aviation held its annual Fundraiser on June 21 Zoo Gala — A Night Out for the Zoo was held in the new Lion's Event Pavilion at the Saskatoon Forestry Farm.

The evening began with a tour of the Forestry Farm by train. A gourmet dinner for the 100 patrons followed presented by the Saskatoon Chefs' As-

sociation.

About \$40,000 was raised for the Saskatoon Zoo Foundation, which raises funds for capital improvements within the Saskatoon Forestry Farm Park and Zoo.

The site a collaboration, its 100th anniversary this year and has been designated a National Historic Site. The park and zoo welcome more than 200,000 visitors annually.



1: Meslaye theizzly bear

2: Laurel Carlson and Myrna Hart

3: Giselle Gignac and Carla Wilman

4: Cathy Bartels and Spent the great house cat

5: Betty Mossman and Pat Dancer

6: Rand and Brent Achymich

7: Sid and Nicole Fehr

and Cindy and Curtis Denlon

BRIDGES PHOTOS BY RICHARD MARJAN

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## EVENTS

## # MUSIC

Thursday, June 27

**The Chickadees**  
Orchestra Restaurant and  
Lounge,  
66-227 Heshway Dr.

**Big Dave McLean**  
Beds on Broadway,  
617 Broadway Ave.

**SaskTel Saskatoon Jazz**  
Festival: **Quincy Jones** presents  
**Hank Jankofsky**  
Broadway Theatre,  
715 Broadway Ave.

**SaskTel Saskatoon Jazz**  
Festival: **Kurt Rosenwinkel**  
Quintet  
The Jazz Featuring The Outer  
Circle Ensemble  
The Esplanade,  
63-202 Fourth Ave. N.

**SaskTel Saskatoon Jazz**  
Festival: **Clyde Coleman** and  
**Yukon Blonds**  
Scotborough Gardens,  
601 Spadina Crs. E.

**Saskatoon Summer PHOMS**  
Kick-Off w/ **Starry Night**  
Esplanade  
Third Ave. Centre,  
304 Third Ave. N.

**SaskTel Saskatoon Jazz**  
Festival: **24th Street Walkers**  
Vergara Tavern,  
601 Broadway Ave.

**SaskTel Saskatoon Jazz**  
Festival: **Yukon Blonds** w/  
Undercover Probes  
Amigos Cantina,  
632 10th St. E.

**Heavy Metal Soapbox '13:**  
**Striker w/ Simplicity and**  
**We the Band**  
Rock the Bottoms,  
8348 Broadway Ave.

**Florida Orange Line**  
TCL Place,  
35 22nd St. W.

**SaskTel Saskatoon Jazz**  
Festival: **Saskatoon Jazz Or-**  
**chestra** presents **Art Pepper**  
w/ **11 featuring Denny**  
**Brooklyn Theatre,**  
715 Broadway Ave.

**Big Dave McLean**  
Beds on Broadway,  
617 Broadway Ave.

**SaskTel Saskatoon Jazz**  
Festival: **Alfredo Rodriguez**  
Trio  
The Jazz Featuring The Outer  
Circle Ensemble  
The Esplanade,  
63-202 Fourth Ave. N.

**SaskTel Saskatoon Jazz**  
Festival: **Don John & The Mite**  
**Trippers w/ Jack Sample**  
**Horn Band**  
Scotborough Gardens,  
601 Spadina Crs. E.

**Mal Van Dale**  
Army & Navy Veterans Club,  
309 First Ave. N.

**Zeibikes**  
Town Twin Tavern,  
1030 Fairlight Dr.

**WetWeekend** the **Shadows**  
Fairfield Services Centre,  
103 Fairmont Cn.

**The Standards Trio**  
Maharli Mahalan,  
3300 Eighth St. E.

**SaskTel Saskatoon Jazz**  
Festival: **24th Street Walkers**  
Vergara Tavern,  
601 Broadway Ave.

**SaskTel Saskatoon Jazz**  
Festival: **Jack Semple Horn**  
**Band w/ Sly Business**  
Amigos Cantina,  
632 10th St. E.

**SaskTel Saskatoon Jazz**  
Festival: **Jack Semple Horn**  
**Band w/ Sly Business**  
Amigos Cantina,  
632 10th St. E.

**Red and the Fellows**  
Sawenawes First Pub and Grill,  
2603 Broadview Ave.

**Overnighted Turbofest:**  
**Herd of Wonders, Royal Red**  
**Brigade, ShookRock and**  
**Haystack**

**Rock the Bottoms,**  
8348 Broadway Ave.

**Kim 2 Empty**  
Stairs Place,  
106-10 Ruth St. E.

Saturday, June 28

**SaskTel Saskatoon Jazz**  
Festival: **David Macey** **Quar-**  
**ter w/ Meop**  
Broadway Theatre,  
715 Broadway Ave.

**Big Dave McLean**  
Beds on Broadway,  
617 Broadway Ave.

**SaskTel Saskatoon Jazz**  
Festival: **Courtney Pine** **Pres-**  
**ents** House of Legends  
The Jazz Featuring The Outer  
Circle Ensemble  
The Esplanade,  
63-202 Fourth Ave. N.

**SaskTel Saskatoon Jazz**  
Festival: **Arviné Vaughan &**  
**The Tilt-a-Whirl Band w/**  
**Tinkley Billa and Big Red Rag**  
**Band**  
Scotborough Gardens,  
601 Spadina Crs. E.

**Joan & Coranne**  
Warline Legion,  
3021 Louisa St.

**Wayne Bergen**  
Michelly Robinson,  
2130 Eighth St. E.

**Mal Van Dale**  
Army & Navy Veterans Club,  
309 First Ave. N.

**SaskTel Saskatoon Jazz**  
Festival: **24th Street Walkers**  
Vergara Tavern,  
601 Broadway Ave.

**SaskTel Saskatoon Jazz**  
Festival: **Larry and His Fleak**  
**Amigos Cantina,**  
632 10th St. E.

**Red and the Fellows**  
Sawenawes First Pub and Grill,  
2603 Broadview Ave.

**Overnighted Turbofest:**  
**Outcast from Nowhere, Black**  
**Thunder, Ashbury and**  
**Chומר**  
Rock the Bottoms,  
8348 Broadway Ave.

**Kim 2 Empty**  
Stairs Place,  
106-10 Ruth St. E.

Sunday, June 30

**SaskTel Saskatoon Jazz**  
Festival: **Michael Pearl &**  
**Spearhead w/ The Harber-**  
**er and Ted Baxat**  
Scotborough Gardens,  
601 Spadina Crs. E.

**SaskTel Saskatoon Jazz**  
Festival: **The Harberer w/**  
**The Gift**  
The Golden Events Centre,  
241 Second Ave. S.

**Abandon All Hope**  
Rock the Bottoms,  
8348 Broadway Ave.

**Rhian Iem**  
Vergara Tavern,  
601 Broadway Ave.

**Tonight It's Poetry**  
Lydia's Pub,  
650 Broadway Ave.

Monday, July 1

**Kim 2 Empty**  
Stairs Place,  
106-10 Ruth St. E.

Tuesday, July 2

**Open-Me**  
Lydia's Pub,  
650 Broadway Ave.

**Open-Me**  
Rock the Bottoms,  
8348 Broadway Ave.

**Johns Broadway Record**  
Club  
Vergara Tavern,  
601 Broadway Ave.

**Souled Out**  
Lydia's Pub,  
650 Broadway Ave.

## # ART

**Mindel Art Gallery**  
Until Sept. 16 at 500 Spadina  
Crs. E. An Art at the Marcy  
of Light, by El Bernste in  
The Automobiles Revo-

lution Montreal 1961-1990 is  
a comprehensive exhibition  
about Canada's foremost  
event space movement,  
fostering works by Jean-Paul  
Kopelle and Paul-Emile Bod-

win. The exhibition features  
the Art Space 1961-1990  
exhibition, a lively period in  
the province's artistic develop-

ment, featuring Stanley  
Engel, Armand McKay and  
Otto Kasper. Lovers by Rod-

ney Smith is a collection  
of geometric structures  
featured in the hallway. The  
Artists by Artists exhibition,  
Alfred Stieglitz, features  
works by Carl Frank and his  
wife, Helen Frankenthal.

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Artists by Artists exhibition,  
Alfred Stieglitz, features  
works by Carl Frank and his  
wife, Helen Frankenthal.

Observations of Nature, fea-  
turing works by some of the  
Saskatoon Harbourschool's  
students, celebrates nature in  
the city.

**Gordon Seawall Gallery**  
Until June 28 at 501 Marney  
Blvd., W. of S. Elmer, by Carol  
Wylie. Wylie uses subter-

fine techniques to portray  
various society has never  
before "invisible" to today's  
youth. A reception will be  
held June 28 from 7 p.m. to  
10 p.m.

**Quenneville Footwear**  
Until June 29 at 233 Second  
and Ave. N. Black and white  
photography printed from  
traditionally exposed film by  
Steven Cassid.

**St. John's Art Centre, Re-**  
**turn**  
Until June 29 at 201 Harvey  
Ave. In-Between: People and  
Places, by Cindy Palmer.

Exhibition that explores the  
use of gold, random lines and  
negative space.

**Vaid Gallery**  
Until June 30 at 2-100 Eighth  
St. A collection of paintings  
by David Peterson, Dennis Butler  
and Debra McLoud.

**Luce & Hill**  
Until June 30 at 258 Third Ave.  
S. Works by Christine McKee,  
Sandra Goss and Michael  
Work by Marique Martin and  
Gerrilyn Miller, opens July 12.

An opening reception will be  
held July 12 from 5 p.m. to  
7 p.m. Acrylic paintings on  
canvas and board.

**Wetrous Gallery**  
Through June in Wetrous  
2013 Wetrous and Arts Arts  
Council Adjuncted Show  
Winners.

**SCWP Gallery**  
Until July 5 at 253 Third Ave.  
S. Work by 12 of 12 research  
team and work by three young  
artists.

What you need to know to plan your week.  
Send events to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

ALL INFORMATION SUBJECT TO CHANGE WITHOUT NOTICE

#### Spirit of Maricopa Shrine

Thru July 6, 10 a.m. to 7 p.m., and July 7, 12 p.m. to 8 a.m., in the atrium of Maricopa Beach, westside, Phoenix and Viscount. Visit the studios of 10 artists. Follow the signs on the free self-guided tour to discover artists sculpting in clay, wood, soapstone and bronze, painters, writers, jewelry artists, a textile artist and furniture makers. Visit [www.spiritofmaricopa.ca](http://www.spiritofmaricopa.ca).

#### Joan Gallery

Until July 6 at 333-343 Third Ave. S. Beach. It features paintings and printmaking by Monique Martin and photography by Fred Thomas. Fred's first issue, a green summer exhibition, runs July 6 to Aug. 9.

#### Centre East Galleries

Until July 7 at The Centre. Display for the Wild about Saskatoon Festival in the Joak Gallery, work by Eastern Art Council in the Amber Gallery, work by Delta artists in the Delta Gallery, works by the Delta gallery, Works by Heritage Railworkers in the Common Gallery, work by students of Vancouver School in the Lower-level Gallery. Display by Summer Festival in the Joak Gallery, until Aug. 11. Display by the Saskatoon Public Schools in the Margaret and Ingrid Galleries. The galleries are located at The Centre Open daily.

#### Perkins Centre

Through June at 110 Cooper Cross. Works by Lucie Stadelhofer and Kim Haight. Includes pencils, oils and acrylics focusing on flora and fish.

#### Affinity Gallery

Until Aug. 5 at 613 Broadway Ave. S. Teller art exhibition by The Artist Collective, showing the diversity and



Presenters at Deftonbaker Park are always a crowd favourite at the Canada Day celebrations on July 1. Presents will be on display through

vitality with which Canadian artists set the table. Includes three bronze award winners, Lois Brownstone Bartleside, Cheryl Gilmer and Kye-Yuen Tan. A reception will be held July 5 from 7 p.m. to 9 p.m.

#### The Gallery Art Placement

Until July 11 at 238 Third Ave. S. by the water's edge. A selection of watercolours and water-themed works by gallery artists. To celebrate the start of summer.

#### Wild in the City

Until July 20 at Universal City Centre & Toys, 130 Second Ave. N. Whimsical portraits of urban wildlife. A Nature-City Festival art event.

#### AKA Gallery

Until July 30 at 424 20th St. W. Selected works, 1998-2013, by Judy Charbonnet. Ceramic and mixed-media

works, integrating found objects, archival images and traditional methods of beadwork, mosaic, hair cutting and outflow. Kincaid Stone, a free-form sculpture art project created by John G. Hempton, placed throughout Saskatoon and Regina, among other locations. Features some of Canada's foremost video artists.

#### Handmade House Showcase Gallery

Until July 27 at 719 Broadway Ave. S. Drawing Down by Jamie Russell. Smaller carved sculptures made just for the show.

#### Video Coffee Bar

Until July 30 at 401 Hendrick St. Watercolor and acrylic paintings by Jennifer Stokker Art members.

#### Gallery on the Bridges

Through August in the

Atrium at Saskatoon City Hospital. Landscape watercolours by Patricia Clarke on the third floor, landscapes and etchings by Shirley Taylor on the fourth floor and sketches and oils on canvas by Mae Oliver on the sixth floor.

#### Western Development Museum

Until Sept. 3 at 2610 Lane Ave. S. Love Birds by Kim Adams. The sculpture exhibit artistically reimagines everyday materials, from machinery, grain silos, automobile parts, toys and model train parts transform into fictional worlds and imaginary landscapes. It is presented in collaboration with the Model Art Gallery.

#### Black Source Gallery

Through September at Northside Antiques on Highway 2, On the Northside, a

group show. Original works representing Northern Saskatchewan and the boreal forest.

#### #SPECIAL EVENTS

##### Saskatoon Summer PRIDE

Thursday, June 27 until Aug. 24, 7 p.m. to 10 p.m., at Third Avenue Centre, 304 Third Ave. N. Performances by local musicians. From 11:30 a.m. to 12:30 p.m. at 377 Fort Street. Sunny Night Ensemble. Visit [www.thirdavenuecentre.org](http://www.thirdavenuecentre.org).

##### First Annual Strawberry Jam Fest

June 27, 9 a.m. to 5 p.m., at Centre Mall, located by Country Farms Marketplace. A pancake breakfast, from 9 a.m. to 11 a.m., strawberry treats and discounts for sale. Free parking and live entertainment.



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## EVENTS

## Karaman Bay at the Zoo

June 26 at the Saskatoon Forestry Farm Park & Zoo, 1600 Forestry Farm Park Drive, & free access day for all of Saskatoon to enjoy with entertainment, face painting, games, and rides throughout the day.

**2013 Works in Progress New Dance Series**  
June 26, 6 p.m., at Free Flow Dance Centre, 224 20th St. W. Presented by Free Flow Dance Theatre. The first offering of works by both emerging and professional choreographers. The audience is asked to provide feedback and support on these works in progress.

**Improv Dance Workshop with Jessica Gerson**  
June 26, 6 p.m. to 7:30 p.m., at Free Flow Dance Centre, 224 20th St. W. Gerson improvisations open to all levels of experience. Drawing from her experience Gerson will suggest various forms of imagery to use as techniques for improvisation, both in performance and as a tool for creation. Jessica Gerson will be presenting a new work in progress at the WPT New Dance Series at the Free Flow Dance Centre, June 29 at 8 p.m.

## SaskTel Saskatoon Jazz Festival

Lives July 1st at various venues in Saskatoon. With the sounds of jazz, blues, funk, pop and world music artists. Featuring Nikki Yanofsky, Jaz Simpsonson Band, Jack Street vocals, Michael Horvath & Spearhead and The Herbaliser.

## Orchestra Entertainment Day

July 1st at Sunbaker Park. A full day of activities and entertainment for the whole family. Featuring live music by Reed Jensen & The Jester Boys, Apollo Cruz, Tupper Mills, Harrison James Band, Danny Penneyson, Stuck in the 80s and Stephen McGuire. fireworks start at 10:45 p.m.

## Dancing in the Park

Wednesdays, July 3 to Aug. 7, 7:30 p.m. to dusk, weather permitting, at River Landing Amphitheatre. Scottish style dancing, presented by the Saskatoon Scottish Country Dancers. Experience is not necessary and partners are not required. Wear comfortable, flexible, non-slip footwear. For all Saskatoon! [saskatoon.org](http://saskatoon.org) or call 306-664-7049.

## THEATRE

## Joseph and the Amazing Technicolor Dreamcoat

June 26 - July 6, 7 p.m., and July 7, 2 p.m., at the Boreal Arts Centre. Presented by the Summer Players. Music by Tim Rice and Andrew Lloyd Webber. When Joseph is given



Special one day at the Forestry Farm Park and Zoo on June 26. **STAGS MIL PHOTO BY GORD WILSON**

a coat of many colours, his jealous brothers sell him into slavery, afflicted with prophetic dreams, Joseph is taken into the pharaoh's harem, a famine hits and his brothers find themselves begging at Joseph's feet. Will Joseph forgive his brothers and reconcile with this sons of Israel?

## SPORTS

## Local Peleton Meet (Street)

June 26, 7 p.m. to 10 p.m. at Auto Clearing Motor Speedway. Division competing include street stocks, super late models and thunder trucks.

## Thanksgiving Raising

June 26-29, 7 a.m., at Meridia Downs, 503 Ruth St. With chickens from Trindler and Jennings.

## Street Legal Riding

June 26, 9:30 a.m., at Saskatoon International Raceway. To km south of Saskatoon on Highway 10. Street racing in a safe and legal environment.

## Saskia Saskatoon Triathlon

June 29-30, beginning at River Landing. Athletes of all ages and abilities will compete in different distance including half marathons, Olympic, sprint and triathlon events.

## Signs of Farm and English Horse Show

June 29-30 at White River Stables. The first south of Saskatoon on Lorne Avenue. Enjoy a variety of hunter and jump classes at this Prairie Cup and Heritage Circuit show.

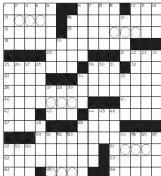
## Weekly Saskatoon Basketball Games, League and Tournaments

July 2 to Aug. 29th Saskatoon. Officially named Athlete Saskatoon. Camps are headed by retired teacher and school principal Dennis Hall. For youth ages eight to 16 of all levels of athletic ability and experience. Visit [www.sas.ca](http://www.sas.ca), call 306-343-3420 or email [thell@sas.ca](mailto:thell@sas.ca).

## CROSSWORD

## NEW YORK TIMES Edited by Will Shortz

- ACROSS**  
1 "Bright" author  
Steph Loe  
6 General Tia's "Robot  
Crusher"  
10 Texas ... Beach  
13 "The Faces Queens"  
worries  
14 An illegal leashed  
creature  
16 One without red star  
17 Some Monopoly  
characters  
18 With 26: A group how  
can you tell that the  
music was all right  
when it was  
20 Adult leaders  
31 Chivalry is  
32 Setting of "Carmen"  
the "Bolero"  
33 Mike Rodden  
34 Not nearly a  
35 General affair  
36 Prostate  
37 "I don't make up my  
mind"  
40 Hottel's sister  
41 Language whose  
alphabet reads from  
right to left  
42 Name of Mervyn  
Wynne  
43 Web staffers  
44 Segments  
45 Old Internet look  
46 "I don't know"  
47 Cradle singer  
50 Live in Alaska  
51 Quick  
52 Specialty of a  
53 Same element in  
action  
54 "I like it"  
55 Name of a  
56 "I don't know"  
57 "I don't know"  
58 "I don't know"  
59 "I don't know"  
60 "I don't know"



PICTURE BY GORD WILSON

- 47000 Gaming element  
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JANRIC  
CLASSIC  
SUDOKU

## Level: Soft

Fill in the blank cells  
using numbers 1 to 9.  
Each number can only  
appear once in each  
row, column and 3x3  
block. Use logic and  
process of elimination  
to solve the puzzle.

The difficulty level  
ranges from Bronze  
(easiest) to Silver  
to Gold (hardest).



Solution to the  
crossword puzzle and  
the Sudoku can be  
found on Page 30



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# WINE WORLD

# RUFFINO IL DUCALE

## Catch the Chianti bug with Ruffino from Italy

By James Romanow

A couple of weeks ago, one of the members of IFA 30 (the best) tweeted that they had a bottle of Ruffino Ducale Reserve. They were less than impressed. I advised IFA 30 to wait to be heard, working on the presumption that Ruffino's refined tastes were too much for the hand they needed a thick crust wine.

In hindsight I suggest the bottle they had was corked, a horrible problem Ruffino needs to get a handle on. Ruffino is a big enough winery to afford spectroscopists and post-bottle wine plug. As it happens I'm a huge fan of Ruffino Reserve, to the point that Sorey (my wife) and I are responsible for about eight per cent of the previous consumption, and know personally their future rate.

In any case there are young people who do find Chianti too rustic and thus Ruffino has attacked the problem by blending in various French varietals to present a palate closer to the New World standard. I'm at mixed feelings on these when Chianti (as opposed to a grape I don't particularly appreciate blended, at least not as the dominant grape) that blends blend of earth and refinement some cooked by the more generous flavours of the French varietals.

In any case Ruffino is a blend of sangiovese, syrah, and merlot (60/30/10). It is definitely



factor in colour and often gets both a solid and fierce set that many people will find richer. It seems to have lost some of the food friendliness that I share in sangiovese but is an absolutely great cooked or more on the couch wine.

If you haven't caught the Chianti bug yet, this may be a wine that strikes a nice balance for you.

Ruffino Il Ducale, Italy, \$69.99 (1999)

Main wine in Monday's BarPhox or @drbeacon on Twitter

## Crossword/Sudoku answers

MEYER	SETH	IDA
IRENA	INDEE	AR
MACYS	RAILROADS	
ITHASC	RICHTER	
	LUMP	TOY
ALGIERIA	MCS	THE
TEAS	AGITATOR	
MAYREYES	MAYRENO	
FRENCH	THE	DOSE
ENS	THE	THE
ESTH	THE	THE
LAUREN	THE	THE
LAUREN	THE	THE
VOLLEYERS	THE	THE
ILE	DOSE	THE

4	7	6	8	5	2	9	1	3
8	1	2	6	9	3	4	7	5
3	5	9	4	7	1	6	8	2
9	4	3	2	1	6	8	5	7
7	6	1	9	8	5	3	2	4
2	8	5	7	3	4	1	9	6
1	2	4	5	6	9	7	3	8
6	3	8	1	2	7	5	4	9
5	9	7	3	4	8	2	6	1

## # RECIPES

## Fire, spice mingle and tingle



Chef Sanjay Pandey with his chicken shashlik kebabs and a summer garden salad at the Charqui Grill in Vancouver's Kitsilano neighbourhood. PHOTOGRAPH BY JAMES ROMANOW

### By Sanjay Pandey

Nothing says summer like a grilled meal with friends and family here, chef Sanjay Pandey who runs Charqui Grill in Vancouver's upmarket Kitsilano neighbourhood, shares his recipe for mouth-watering spicy chicken kebabs.

### Charqui Chicken Shashlik Kebabs

#### Ingredients

- > 400 grams chicken breast
- > 1 medium red pepper
- > 1 medium yellow pepper
- > 1 medium red onion
- > 12 grape tomatoes
- > 12 — or so small skewers, soaked in water
- > Lime and fresh parsley to garnish

#### Marinade

- > 1/2 cup olive oil
- > 1/2 cup fresh thyme, oregano, parsley and cilantro

- > 1/2 cup each salt, freshly ground pepper and paprika
- > 1 1/2 cups fresh lime juice
- > 1 serrano chili pepper (optional)
- > Mix all ingredients in a blender till smooth

#### Method

1. Cut chicken, peppers and onion into 3-4 cm cubes
2. Skewer chicken and vegetables alternately on skewers and use piece of veggie stick. Thread top with a grape tomato
3. Place skewers on shallow pan and smother with marinade. Marinate all sides for 30 minutes. Set in fridge for four hours or more
4. Preheat the grill and cook skewers until done. Turn occasionally to ensure even cooking
5. Garnish with lime and fresh parsley
6. Serve with wild rice pilaf and a salad with strawberry vinaigrette

Serves: Four to six people.

PHOTOGRAPH BY JAMES ROMANOW

## # ADVICE COLUMN

## Don't meddle in boyfriend's family relationship

**Q** My boyfriend and I have a great healthy, loving relationship.

He has a handicapped brother for whom he does everything. However, I've learned that the brother is physically and mentally capable to do almost everything. He's just lazy. Both brothers are early-30s, both working.

My boyfriend says he helps his brother because he doesn't want his mother to do it all. But I see his brother using his handicap as an excuse for people to do everything (i.e. buying him food, washing up his food, administering his medication, getting him parked).

My boyfriend says if he doesn't feed him he won't eat. He complains that he doesn't have a life because of caring for his brother, yet he doesn't do anything to better his situation.

I feel like when we aren't in, or get accused, or when his parents pass away my boyfriend and I will have to do everything.

I feel I should say something now for our future's sake, or at least for

## Ask Elle



the sake of his next relationship.

**Scary Poizine**

**A** There's a complicated family history — a mother's pain at her son's disability, a son's possible guilt feelings as the able-bodied child, a disabled son's dependencies.

It's too emotionally layered for you to be able to change easily. Telling him "hey" will reap reward, making you as the bad out sister.

Talk with your boyfriend about how to deal with the future, whether his brother will need a paid caregiver (if that's affordable), or whether there are things he can be encouraged now to manage as his own.

If your boyfriend helps or feels it's not your business, this relationship likely won't last.

Your feeling of his "using his handicap" will drive you, even if it's a factor in their dynamic.

**Q** There's a guy I see at work once or twice a week. He teases and teases me. Once he purposely ran into me and said he wasn't afraid to run me over. Sometimes he'll just stare at me.

After talking, he'll stand there a minute or two and just stare and smile. Other times, we don't even say two words to each other.

Does he like me or is he just being nice? Am I overreacting about the whole thing?

**Signs of Interest**

**A** Don't make something out of nothing much. When people "like" someone, they usually make it clearer than an occasional stare or silent comment.

He may just be acknowledging you as a co-worker he sees periodically

or he's too passively shy he can't say more.

If he has no fear of engaging more. Respectfully if you have no idea if he's "attached."

**Q** When my mother passed, my sister took control of her finances. After the funeral was paid, there was money left to pay for a headstone.

My brothers and I kept asking her to arrange for the headstone, but she made excuses like everyone having to agree on the inscription.

Over the next couple of years, I tried to convince her to get with the money, but she's now saying that our mother was the black sheep of the family, and she was a petulant who doesn't deserve a headstone. She said she's spent the money and there's nothing I or anyone else can do about it.

Is there any legal advice I could get on this matter?

**Advice of Parents**

**A** Talk to a lawyer. However, since that should also

be about the threat to your late mother, besides the money, get your other siblings to join you in buying a simple headstone.

**Q** Our time for sex is very limited because of his bad job and child care needs. So we've learned to make the most of the time we find.

If we're both about to shower, that's a time and place for a quickie. If we go just to bed not too tired, I'll read something easy to him, like 30 Minutes of Grey or we'll re-watch a movie with sexy scenes (I love an adult, the lesbian table sex in Bull Durham).

We go for it when we can. I'd admit it when we can't. But unless one of us is sick, we never let over a week go by without sex.

**A** When and wherever. Sex is really about stress, so it's a natural way to relax instead of letting the time pass. Use it. It doesn't have to be a hassle in reality. The longer you go without sex, the less you enjoy it, and obviously its benefits, too.

**Next week in  
BRIDGES**  
Local notables like  
Saskatchewaner  
Caitlin Taylor reveal  
their fun in the sun  
plans for summer



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- 1080i
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- Playback with Realtime™
- Built-in Wi-Fi for
- Chromecast and Amazon
- 1080i



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- 1080i
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